

Summer Fruit Salad

Cook time: 15 minutes

Makes: 4 servings

Ingredients

1 cup strawberries (diced, fresh or frozen)

1 cup watermelon (cubed)

1 cup pineapple chunks, fresh or canned packed in natural juice (and do not drain)

Directions

1. Stir fruit together in a medium sized bowl.
2. Cover and chill. Serve as soon as possible.

Notes

Refrigerate leftovers (or try freezing for a slush).

Source: University of Nebraska, Recipe Collection, p.85 Staff from Extension

Nutrition Information

Nutrients	Amount
Calories	45
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	11 g
Dietary Fiber	1 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available